

North Carolina

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

www.nchealthyweight.com

www.EatSmartMoveMoreNC.com

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| <p>The Epidemic</p> <p>57% of North Carolina adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>27% of North Carolina highschool students are overweight or at risk for overweight. (CDC YRBSS, 2001)</p> <p>The obesity rate among North Carolina adults rose by 82% from 1990 to 2002. (CDC BRFSS, 2002)</p> | <p>Program Priorities</p> <p>The North Carolina Healthy Weight Initiative released its comprehensive state plan, <i>Moving Our Children Toward a Healthy Weight: Finding the Will and the Way</i>, in 2002. The plan is designed to raise awareness of the problem of overweight children, to stimulate discussion, and to promote individuals and groups working together on solutions. The plan was developed by a 100-member Task Force and provides recommendations for action by families, schools and childcare, communities, health care, media, and researchers.</p> <p>Two tools related to plan priorities were released the same day as the plan by the Eat Smart, Move More... North Carolina Initiative, the <i>North Carolina Blueprint for Changing Policies and Environments in Support of Healthy Eating</i> and the <i>North Carolina Blueprint for Changing Policies and Environments in Support of Increased Physical Activity</i>. The <i>Blueprints</i> provide strategies and activities for policy and environmental change to support healthy eating and increased physical activity opportunities for all ages.</p> <p>In 2004 a breastfeeding addendum will be added to the state plan and consensus panels will be brought together to make recommendations on standards for foods available in schools.</p> |
| <p>Notable Partners</p> <p>North Carolina Action for Healthy Kids North Carolina Cooperative Extension Service North Carolina Department of Public Instruction North Carolina Healthy Schools NC Health and Wellness Trust Fund Commission North Carolina Prevention Partners North Carolina PTA North Carolina State Board of Education University of North Carolina at Chapel Hill</p> | |
| <p>Major Accomplishments and Products</p> <ul style="list-style-type: none">➤ A Healthy Active Children Policy approved by the State Board of Education➤ A resolution approved by the state PTA calling for limits on soft drink vending machines in schools➤ Two state plan recommendations made top priorities by North Carolina Action for Healthy Kids➤ \$9 million allocated over three years by the Health and Wellness Trust Fund for activities consistent with the state plan➤ Grants of \$10,000 to \$20,000 to communities to address policy and environmental change issues | |
| <p>Upcoming Events and Products</p> <ul style="list-style-type: none">➤ A <i>Nutrition and Physical Activity Self-Assessment for Childcare</i>➤ Piloting Color Me Healthy projects in North Carolina WIC clinics➤ Regional training with the new North Carolina policy guide, <i>Winning With ACES's: How You Can Work Toward Active Community Environments</i> | <p>Project period: 2003–2008 Year first funded: 2000 Funding stage: Capacity building Contact Person: Cathy Thomas, MAED, CHES Project Coordinator North Carolina Division of Public Health Telephone: 919-715-3830 Fax: 919-715-0433 E-mail: cathy.thomas@ncmail.net</p> |



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